

# Inverclyde Health Visiting



## Team

### Useful Information for New Parents: 1<sup>st</sup> HV visit resources

We have created this handy document so that all the information needed for new parents is in one place to be able to access at any time.

#### Safe Sleep Guidance to help prevent Cot Death

- [Safe Sleep Scotland](#)
- [Reduce the Risk of Cot Death Information leaflet](#)
- [Reduce-the-Risk-Laflet](#)
- [UNICEF - Caring-for-your-baby-at-night](#)

### Your Health Visitor will bring these items out to you:

- Red Book
- GP Registration Form
- Head Measure Tape



Click [here](#) for the SFRS online self-assessment.

Inverclyde Health Visiting team work in partnership with Scottish Fire and Rescue Service We want to ensure your home is as safe as it can be from risk of fire. SFRS can provide vital information and equipment needed to prevent fire. Your health visitor can carry out a direct referral to the service.

### Help & Support to Quit Smoking

For help and support to help you quit smoking please contact:  
Quit your way community services - 0800 916 8858  
or check out the website - [Quit Your Way Scotland](#)

Dangers of Second Hand Smoking - Click [Here](#)



### Home Safety Information

The links below will give you some useful home safety advice

- [ROSPA - safety information & height chart](#)
- [Home Safety Advice](#)

### Childhood Immunisation Information

Your child should get all of the vaccines offered to them as they are all important to protect against different types of diseases. Please click on [Immunisation Information](#) for more information on the immunisations your child will receive and the diseases they prevent.

### Meningitis Baby Watch

[Meningitis](#) - NHS inform information for Parents and Carers

Information leaflet link - [Babywatch information leaflet](#)

### NHS Pharmacy First - Scotland

NHS Pharmacy First Scotland is an NHS service designed to encourage everyone to visit their community pharmacy as the first port of call for all minor illnesses and specific common clinical conditions.

For more information please click on this link Pharmacy services in Scotland <https://www.nhsinform.scot/care-support-and-rights/nhs-services/pharmacy/nhs-pharmacy-first-scotland>

Information Leaflet - <https://www.gov.scot/publications/nhs-pharmacy-first-scotland-information-patients/documents/>

If you require a paper copy of the leaflet then please ask your pharmacist or health visitor.

## Choose the Right Service - Inverclyde

You don't always need to contact or visit your GP practice. There are many different services and resources that can provide advice to children and young people and those who care for them. This information can be found here at [Choose the Right Service](#)



Choose the Right  
service CHILDREN &

**Choose the right service!** 

### Best Start Grant



These links will give you some important information on the best start grants available in Scotland.

- [best-start-grant-information](#)
- [citizens advice - best start foods information](#)
- [Best Start Foods Online Application](#)

### Benefits Advice Information

Links to Inverclyde Council and Financial Fitness for benefits advice

- [Inverclyde Council - advice and benefits](#)
- [Financial Fitness Inverclyde](#)

### A Guide to Contraception

[Longer-Lasting Contraception - Your Guide to Sexual Health & Wellbeing](#)

## Infant Feeding and Relationship Information and Videos

- [Breastfeeding Relationships Early Days Video](#)
- [Breastfeeding and Returning to Work Booklet](#)
- [NHS Inform - Breastfeeding and Returning to Work Information](#)
- [UNICEF - Formula Feeding Booklet](#)
- [Importance of Relationship Building Video](#)
- [Happy Baby Leaflet](#)
- [Good Work Good Health Help for You](#)

**Your Health Visitor will bring the Inverclyde HSCP UNICEF baby friendly consent form out to you.**

UNICEF Baby Friendly initiative (BFI) requires that all families receive a high standard of care in relation to infant feeding. Twice a year we carry out an audit with mums to find out about their experiences. This means that some mums will be chosen to get a phone call to complete an anonymous questionnaire. We understand how hectic life is for new mums and we are happy to call back if needed. Results are used in staff training within Inverclyde to ensure the care that we give continues to be of a high standard.

## Confidentiality and the electronic shared record for children

Below are some links to how the NHS handles your data, the charter for patients' rights and your health records.

[How NHS handles your data leaflet](#)

[The charter of patient rights and responsibilities](#)

[Health Records](#)

[How the NHS handles your personal health information](#)

[Information for young people using NHS services](#)

## Useful Websites for Parents

Feedgood Parent Club: <https://www.parentclub.scot/articles/feedgood>

UNICEF Baby Friendly support for parents: <https://www.unicef.org.uk/babyfriendly/support-for-parents/>

Play Talk Read: <https://www.parentingacrossscotland.org/info-for-families/resources/play-talk-read/>

Breastfeeding Network: <https://www.breastfeedingnetwork.org.uk/>

National Breastfeeding Helpline: <http://www.nationalbreastfeedinghelpline.org.uk/>

Face to face Attend Anywhere appointment for video support 1-2-1: [ggc@breastfeedingnetwork.org.uk](mailto:ggc@breastfeedingnetwork.org.uk)

### Facebook groups:

BfN Greater Glasgow & Clyde Families Zoom Breastfeeding drop in groups Tuesdays and Fridays at 2pm

Breastfeeding Network GGC Antenatal Breastfeeding Support Bump to Boob Zoom session Wednesdays at 3pm



## Bookbug Sessions in Inverclyde, Online Sessions and the Bookbug App

- [Inverclyde libraries bookbug information](#)
- [Facebook - Inverclyde Lib](#)
- [Scottish Book Trust - Boo](#)
- [Bookbug App](#)



## Baby Massage

Open the document below for details of baby massage sessions.



Baby Massage leaflet.doc

## Play@Home

Your Health visitor will bring this book out to you. Additional resource sheets are available: [Play at Home activity sheets](#)

## Shape Up Classes for New Mums

Open the document below for details of new mum shape up classes.



Shape Up letter.doc